



# **PUBLIC SERVICE ANNOUNCEMENT**

## **Virginia Department of Emergency Management**

10501 Trade Court, Richmond, VA 23236 • (804) 897-6510 • [www.vaemergency.com](http://www.vaemergency.com)

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### **:30 PSA – WINTER SURVIVAL – A COLD HOUSE**

If your power goes out during a winter storm, keep warm by wearing several layers of lightweight clothing and a knit cap. If you use an alternative heat source like a fireplace, wood stove or kerosene heater, ventilate properly to avoid toxic fumes. Heat only one room and close off all others. Eat high-energy foods like raisins, peanut butter or protein bars that will allow your body to produce its own heat. For more winter safety tips, visit [vaemergency.com](http://vaemergency.com).

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### **:30 PSA – WINTER TRAVEL – SAFETY ON THE ROAD**

Winter driving is most dangerous on wet roads when the temperature is at or below 32 degrees. If you must travel, listen to travel advisories and plan an alternate route. Tell others what routes you will take and when you will get there. Don't assume that a road treated with salt and sand is safe – there might be slick spots. Keep your gas tank at least half full to prevent your gas line from freezing. For more winter safety tips, visit [vaemergency.com](http://vaemergency.com).

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### **:30 PSA – WINTER SURVIVAL – TRAPPED IN A CAR**

If you are driving and a snowstorm forces you to pull over, stay in your car and wait for help. Run your car's engine for short periods of time. Remember to keep the exhaust pipe clear of snow to prevent deadly fumes from entering the car. Signal rescuers with your interior light at night or a bright cloth during the day. Store emergency supplies in your car such as blankets, a flashlight, high-energy snacks and clay cat litter. For more winter safety tips, visit [vaemergency.com](http://vaemergency.com).

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### **:30 PSA – WINTER SURVIVAL – PHYSICAL EXERTION**

Prolonged exposure to the cold can be life threatening. Cold weather alone can put an extra strain on the heart. Heavy exertion – like shoveling snow, pushing a car or even walking fast in cold weather – increases the chance for a heart attack or stroke. If you need to go outdoors, wear several layers of lightweight clothing, gloves and a hat. Nearly half of all body heat is lost through the head. For more winter safety tips, visit [vaemergency.com](http://vaemergency.com).

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